GRADUATE STUDIES

G.D. IN COUPLE COUNSELLING AND SPIRITUALITY (GRADUATE DIPLOMA)



UNIVERSITÉ
SAINT·PAUL
UNIVERSITY

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General Information

ADMISSION APPLICATIONS FOR SEPTEMBER 2024 ARE NOW ACCEPTED

Overview of the program

This diploma allows professionals who wish to update their credentials and skills in the area of couple therapy to complete theory and psychotherapy courses that are required for American Association of Marriage and Family Therapists (AAMFT) certification.

To become a member of AAMFT, students must complete three master's-level courses on couple theory and three courses in couple counselling training.

Who is this program for?

This program is intended for professionals who are already trained in counselling and would like to specialize in couple counselling.

Admission details

» Registration: part-time or full-time
» Program requirements: 6 courses
» Program delivery: some courses are also offered online.
» Language: this program is also offered in French.

For information about admission deadlines, please click here.

Scholarships

Students registered in this program may be eligible for a number of scholarships. For more information, please click here.

This diploma is conferred jointly by the Senates of Saint Paul University and the University of Ottawa.

Academic regulations.

Graduate Faculty

ARMSTRONG, Laura, Professor

BELLEHUMEUR, Christian, Professor

BILODEAU, Cynthia, Professor

DURAND, Guillaume, Assistant Professor

GRAFANAKI, Sotiria, Professor

JIANG, Yuanyuan, Professor

KILREA, Kelly, Assistant Professor

LYNN GALL, Terry, Professor Emerita

MAISHA, Buuma , Professor

MALETTE, Judith, Professor

MARTÍNEZ DE PISÓN, Ramón, Professor

WIEBE, Stephanie, Professor

YAMIN, Stéphanie , Professor

Admission Requirements

Applications are evaluated based on the following criteria:

» Hold a bachelor's degree with honours or with a major in a related discipline such as counselling, spirituality, practical theology, health care, psychology, social work, pastoral studies or a discipline judged equivalent to these;
» Completion of 24 units in total in psychology and sociology;
» Completion of 6 units in theology or religious studies or a discipline deemed equivalent*;
» Completion of a counselling training with clinical experience (a minimum of 120 hours of supervised direct, face-to-face, contact with clients);
» An average of at least 70% (B).

A maximum of three units in equivalencies or advanced standing may be granted. To be eligible, the units in question must not have counted towards the requirements of a previous diploma or degree. Candidates who have already successfully completed some of the compulsory units may be allowed to replace those units with elective units.

Students registered in the graduate diploma program can request to transfer to the MA in Counselling and Spirituality.

*Students wishing to pursue their studies in counselling and spirituality at the master's level must complete an additional 6 units in theology, religious studies or a discipline deemed equivalent (for a total of 12 units) prior to submitting their application for admission to the master's.

Some additional documents, and in some cases specific forms, are required. For more information, please see the page Step 4: Gather the documents needed for the assessment of your application.

Degree Requirements

Compulsory Courses (12 units)

IPA5138 Theories of Family Systems and Intervention (3u)
IPA5144 Spirituality and Counselling (3u)
IPA6140 Internal Clinical Practicum in Couple and Family Counselling and Psychotherapy I (3u)
IPA7104 Theories of Couple Counselling (3u)

Optional Courses (6 units)

6 units from:

IPA5129 Group Dynamics and Counselling (3u)
IPA5134 Spirituality, Counselling and Psychotherapy (3u)
IPA5142 Working With Trauma and Violence in Couples and Families (3u)
IPA5161 Understanding the Trauma of Sexual Abuse (3u)
IPA6130 Couples, Families and Addictions (3u)
IPA6141 Internal Clinical Practicum in Couple and Family Counselling and Psychotherapy II (3u)
IPA6142 Internal Clinical Practicum in Couple and Family Counselling and Psychotherapy III (3u)
IPA6143 Internal Clinical Practicum in Couple and Family Counselling and Psychotherapy IV (3u
IPA6312 Couples, Family Development and Growth (3u)
IPA7102 Phenomenology of Human Relationships in Love and Marriage (3u)
IPA7109 Survey of Sexual Dysfunction and Treatment (3u)

Courses

IPA 5129 GROUP DYNAMICS AND COUNSELLING (3cr.)

This course introduces theories, principles and practices in group therapy designed to help prepare future professionals to work with people in various settings. Group processes are covered through interactive discussions, small group participation, role plays, and other observations.

IPA 5134 SPIRITUALITY, COUNSELLING AND PSYCHOTHERAPY (3cr.)

Space for reflection, deepening and integration of various perspectives, with particular attention to the spiritual dimension of the practice of psychotherapy, and that of the psychotherapist. Examination of various spiritual paradigms so as to identify certain points of convergence that are useful for understanding the issues of equity, diversity, and inclusion, an approach to reflection on practice is proposed, to support and promote the professional development of the psychotherapist and the safe and effective use of self. Presentation of psychospiritual models of intervention for the purpose of providing clinical and practical approaches.

IPA 5138 THEORIES OF FAMILY SYSTEMS AND INTERVENTION (3cr.)

This course presents a history of the family systems theories with individuals, couples, and families with a major focus on advanced family systems theories and interventions.Theories covered include Structural, Strategic, Bowen, Narrative, Solution Focused and more. Attention is paid to assessment of functional and dysfunctional family systems. The student/practitioner will learn interviewing, assessment and restructuring techniques, and how to explore family rules, systems, values and boundaries

IPA 5142 WORKING WITH TRAUMA AND VIOLENCE IN COUPLES AND FAMILIES (3cr.)

The goal of this course is to provide a conceptual framework, including theory, research and interventions that will enable the students to understand and treat trauma and violence in couples and family relationships. The course will present an attachment perspective and research on trauma and outline advanced family systems therapeutic assessments and interventions for trauma survivors and their families.

IPA 5144 SPIRITUALITY AND COUNSELLING (3cr.)

Introduction to spirituality as an essential dimension of human experience across the lifespan. Key concepts and theories of spiritual development and their relevance to clinical evaluation and treatment from spiritual and psychological perspectives. The different expressions of spirituality, the relationship between stages of moral development and images of the divine and transcendent, and the dialogue between spirituality and psychology. The importance of psychology in discerning between a healthy spirituality, which is enriching for the person and for their integral development, and a spirituality that must be called unhealthy, which eliminates human freedom, autonomy and responsibility.

IPA 5161 UNDERSTANDING THE TRAUMA OF SEXUAL ABUSE (3cr.)

The goal of this course is to present an overview of the theory, research, clinical and treatment issues related to trauma and childhood sexual abuse. This course will introduce the theories of trauma from a family systems perspective. Effects of sexual abuse in terms of developmental issues over the life span, associated symptomatology of sexual abuse and trauma, and related clinical issues and practices.

IPA 5534 SPIRITUALITÉ, COUNSELLING ET PSYCHOTHÉRAPIE (3cr.)

Espace de réflexions, d'approfondissement et d'intégration des divers savoirs, en portant une attention particulière à la dimension spirituelle de la pratique de la psychothérapie et celle, bien singulière, des psychothérapeutes. Examen de divers paradigmes spirituels en vue de dégager certains points de convergence utile à la compréhension des enjeux d'équité, de diversité et d'inclusion, en plus d'une démarche de réflexion sur la pratique, dans le but du développement professionnel des psychothérapeutes ainsi que l'utilisation sûre et efficace de soi. Présentation de modèles d'intervention psychospirituels en vue d'offrir des pistes cliniques et pratiques.

IPA 5538 THÉORIES DU SYSTÈME FAMILIAL ET DE SES MODES D'INTERVENTION (3cr.)

Le cours trace une histoire des théories des systèmes familiaux lesquels incluent les individus, les couples et les familles. L'emphase sera mise sur les théories systémiques et sur les interventions avancées. Les théories structurelle, stratégique, de Bowen, narrative et centrée sur la solution seront étudiées, ainsi que l'évaluation des systèmes familiaux fonctionnels et dysfonctionnels. L'étudiant apprendra aussi des techniques d'entrevues, d'évaluation et de restructuration et comment explorer les règles, les systèmes, les valeurs et les frontières familiales.

IPA 5542 LES TRAUMATISMES ET LA VIOLENCE DANS LES COUPLES ET DANS LES FAMILLES (3cr.)

Le but de ce cours est d'offrir un cadre conceptuel incluant théories, recherches et interventions qui permettront aux étudiants de comprendre et de traiter le trauma et la violence qui sévissent au sein des couples et des familles. Le cours présente la perspective des théories de l'attachement et des recherches sur le trauma et décrit des techniques d'évaluation et d'interventions avancées en systémique familiale pour les survivants de trauma et leur famille.

IPA 5544 SPIRITUALITÉ ET COUNSELLING (3cr.)

La spiritualité comme une dimension essentielle de l'expérience humaine tout au long de la vie. Les concepts et théories clés du développement spirituel et leur pertinence dans l'évaluation et le traitement cliniques d'une perspective spirituelle et psychologique. Différentes expressions de la spiritualité du rapport entre les étapes du développement moral et les images du divin et du transcendant et du dialogue entre la spiritualité et la psychologie. L'importance de la psychologie pour faire le discernement entre une spiritualité saine, qui est enrichissante pour la personne et pour son développement intégral, et une spiritualité malsaine qui élimine chez la personne la liberté, l'autonomie et la responsabilité.

IPA 5561 L'ABUS SEXUEL ET SES TRAUMATISMES (3cr.)

Ce cours présente la théorie, la recherche, les composantes cliniques reliées au traitement de l'abus sexuel à l'enfance et du trauma. Introduction aux théories sur le trauma selon une perspective systémique. Seront aussi étudiés en profondeur : les effets développementaux de l'abus sexuel, tout au long de la vie, la symptomatologie de l'abus sexuel et du trauma, et autres composantes cliniques pertinentes.

IPA 6130 COUPLES, FAMILIES AND ADDICTIONS (3cr.)

The goal of this course is to present an in depth examination of the specific characteristics, dynamics and best therapeutic practices in working with individual, couples and families affected by chronic addiction. It will focus on the challenges faced by professionals working with the addicted person or family and will teach ways to overcome those challenges. It will offer information regarding recovery issues and will provide students with systemic therapy interventions and resources for their work with this population.

IPA 6140 INTERNAL CLINICAL PRACTICUM IN COUPLE AND FAMILY COUNSELLING AND PSYCHOTHERAPY (PART 1 OF 4) (3cr.)

Introduction to systemic and relational counselling. Theoretical study of systems theory as applied to individual, couple, and family therapy. Introduction to assessment and conceptualization (attachment, systems, and socio-culturally integrative theories; foundational skills in managing sessions with

couples and families). Introduction to relational and systemic counselling and psychotherapy skills using role plays, and video illustrations of structured intervention modalities (Psychoeducation, Emotionally Focused, Solution Focused, Cognitive Behavioural). Applied practice through work with clients under clinical supervision with registered psychotherapists, at the Counselling and Psychotherapy Centre of Saint Paul University. Graded P/F.

IPA 6141 INTERNAL CLINICAL PRACTICUM IN COUPLE AND FAMILY COUNSELLING AND PSYCHOTHERAPY (PART 2 OF 4) (3cr.)

Deepening of clinical techniques and skills gained in IPA6140 through work with clients under clinical supervision with registered psychotherapists at the Counselling and Psychotherapy Centre of Saint Paul University. Graded P/F.

Prerequisite: IPA6140.

IPA 6142 INTERNAL CLINICAL PRACTICUM IN COUPLE AND FAMILY COUNSELLING AND PSYCHOTHERAPY III (PART 3 OF 4) (3cr.)

Advanced Systemic Conceptualization and Therapeutic Interventions: safe and effective use of self, the integration of spirituality, working with diverse and multicultural populations and a variety of client needs and presentations such as mental health, illness and grief, addictions, relational injuries and betrayals, trauma, sexual dysfunctions, reproductive issues, divorce, separation, and blended families. Deepening knowledge and practice with a broader spectrum of therapeutic modalities such as psychodynamic, object relationships, imago, and psychobiological approaches. Graded P/F.

Prerequisite: IPA6141.

IPA 6143 INTERNAL CLINICAL PRACTICUM IN COUPLE AND FAMILY COUNSELLING AND PSYCHOTHERAPY IV (PART 4 OF 4) (3cr.)

Consolidation and continued deepening of conceptualization and therapeutic skill development across a variety of client needs and presentations, and a variety of therapeutic modalities. Focus on individualized professional development, consolidation, and professional preparation and planning (reflection and discussion of counselling philosophy, and theoretical orientation informed by life experience and socio-cultural context). Graded P/F.

Prerequisite: IPA6142.

IPA 6312 COUPLES, FAMILY DEVELOPMENT AND GROWTH (3cr.)

Introduction to the psychology of individuals, couple and family development and growth and provided knowledge of personality development over the life span. This course will review attachment over the life span, the stages of development from childhood to adulthood, and corresponding changes in family roles, as well as advanced therapeutic interventions.

IPA 6530 COUPLES, FAMILLES ET ASSUÉTUDES AUX DROGUES (3cr.)

Ce cours présente un examen approfondi des meilleures pratiques thérapeutiques utilisées auprès des individus, des couples et des familles affligés d'assuétudes chroniques aux drogues. Seront étudiés : l'assuétude aux drogues en tant que condition physique et émotionnelle ; les stratégies d'adaptation fonctionnelles et dysfonctionnelles des familles dont l'un des membres est affligé d'une assuétude aux drogues ; les défis thérapeutiques de cette clientèle ; les diverses voies de guérison, incluant la voie spirituelle ; les interventions thérapeutiques systémiques pertinentes.

IPA 6541 PRACTICUM CLINIQUE INTERNE EN COUNSELLING ET PSYCHOTHÉRAPIE DE COUPLE ET DE LA FAMILLE (PARTIE 2 DE 4) (3cr.)

Approfondissement des techniques et habiletés cliniques acquises au cours de IPA6540 par le travail avec des clients sous supervision clinique des psychothérapeutes autorisés au Centre de counselling et de psychothérapie de l'Université Saint-Paul. Noté P/F.

Préalable : IPA6540.

IPA 6542 PRACTICUM CLINIQUE INTERNE EN COUNSELLING ET PSYCHOTHÉRAPIE DE COUPLE ET DE LA FAMILLE (PARTIE 3 DE 4) (3cr.)

Conceptualisation systémique avancée et interventions thérapeutiques : utilisation sûre et efficace de soi, intégration de la spiritualité, travail avec des populations diverses et multiculturelles, ainsi qu'une variété de besoins et de présentations des clients (santé mentale, maladie et deuil, dépendances, blessures relationnelles et trahisons, traumatismes, dysfonctions sexuelles, problèmes de reproduction, divorce, séparation et familles recomposées). Approfondissement des connaissances et de la pratique avec un éventail plus large de modalités thérapeutiques (approches psychodynamiques, relations d'objet, imago et psychobiologiques) Noté P/F.

Préalable : IPA6541.

IPA 6543 PRACTICUM CLINIQUE INTERNE EN COUNSELLING ET PSYCHOTHÉRAPIE DE COUPLE ET DE LA FAMILLE (PARTIE 4 DE 4) (3cr.)

Approfondissement des savoirs et habiletés cliniques.Consolidation et approfondissement continu de la conceptualisation et du développement des habiletés thérapeutiques à travers une variété de besoins et de présentations des clients, ainsi qu'une variété de modalités thérapeutiques. Accent mis sur le développement professionnel individualisé, la consolidation, la préparation et la planification professionnelles (réflexion et discussion sur la philosophie du Counselling et l'orientation théorique éclairée par l'expérience de vie et le contexte socioculturel). Noté P/F.

Préalable: IPA6542.

IPA 6712 DÉVELOPPEMENT ET CROISSANCE FAMILIALE ET DU COUPLE (3cr.)

Introduction à la psychologie du développement et de la croissance de l'individu, du couple et de la famille; une attention particulière est accordée au développement de la personnalité tout au long de la vie. Via la théorie des systèmes, l'étudiant apprendra à différencier le développement normal du développement psychopathologique au sein d'un système familial. Via les théories de l'attachement, l'étudiant apprendra à mieux comprendre les stades de développement de l'enfance à l'âge adulte et les changements de rôles subséquents dans la famille, des évaluations développementales et des interventions thérapeutiques avancées.

IPA 7102 PHENOMENOLOGY OF HUMAN RELATIONSHIPS IN LOVE AND MARRIAGE (3cr.)

This course examines the representation, practices, and issues of love and relationships. These issues will be examined through various systems theories, and then brought into everyday applied practice for counselors. The course will present aspects of love in committed relationships, review the literature and psychology theory on these aspects, and work with doing applied therapy on these aspects.

IPA 7104 THEORIES OF COUPLE COUNSELLING (3cr.)

The goal of this course is to provide an overview of the history and nature of theories of couple counselling. This course will introduce the central theories and concepts guiding couple therapy, including attachment, family systems, Emotionally Focused, experiential, and humanistic and the recent research related to couple therapy. There will be a particular focus on the skills, assessment and practice associated with Emotionally Focused therapy. Couple relationships both on the conscious and unconscious levels of functioning are examined and conceptualized.

IPA 7109 SURVEY OF SEXUAL DYSFUNCTION AND TREATMENT (3cr.)

The purpose of this course is to present the history and development of dysfunctions in the field of human sexuality and to survey various treatments for couples. This course will examine the human development of sexual expressions in their male and female dysfunctions; the biological and psychological determinants; sexual dysfunction and marital interaction and sexual assessment and applied treatment within individual; and couple therapy.

IPA 7502 PHÉNOMÉNOLOGIE DES RELATIONS HUMAINES DANS L'AMOUR ET DANS LE MARIAGE (3cr.)

Ce cours s'attarde aux divers enjeux de l'amour dans les relations. Ces enjeux seront étudiés à la lumière des théories systémiques ; des interventions cliniques pertinentes seront étudiés. Étude de l'amour au sein des relations où chacun des conjoint est pleinement engagé ; revue de la documentation scientifique et des approches thérapeutiques pertinentes à ces enjeux.

IPA 7504 THÉORIES DE LA THÉRAPIE DE COUPLE (3cr.)

Introduction aux principales théories en thérapie de couple, incluant les théories de l'attachement, systémique, centrée sur les émotions, expérientielles, humanistes et aux recherches les plus récentes sur la thérapie de couple. Attention particulière consacrée aux habiletés, à l'évaluation et à la pratique de la thérapie centrée sur les émtions. Le fonctionnement conscient et inconscient des relations de couple est examiné et conceptualisé.

IPA 7509 DYSFONCTIONNEMENT SEXUEL : ÉTUDE ET TRAITEMENT (3cr.)

Ce cours présente l'histoire et le développement des dysfonctionnements dans le domaine de la sexualité humaine et des divers traitements pour les individus et pour les couples. Seront étudiés : le développement des expressions sexuelles, chez les hommes et chez les femmes, ainsi que leurs dysfonctions; les facteurs biologiques et psychologiques; la dysfonction sexuelle et l'interaction dans le couple. Quand et où référer un client. Considérations éthiques et morales.

Address

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Hours of Operation of August 15 to May 31
Monday to Thursday: 8 a.m. to 5 p.m.
Friday: 8 a.m. to 12 p.m. and 1 p.m. to 4 p.m.

Hours of Operation of June 1 to August 14
Monday to Friday: 8 a.m. to 12 p.m. and 1 p.m. to 4 p.m.